



Canadian Mental Health Association of New Brunswick (CMHA of NB) **PRESENTATIONS**

The Canadian Mental Health Association of New Brunswick (CMHA of NB) has available presentations that can be delivered by trained facilitators in the following topics:

- Self-Esteem for Adults**
- Nurturing Self-Esteem in Children**
- Work Life Balance**
- Positive Attitude for Adults and Youth**
- Suicide Awareness**
- Stress Management**
- An overview of Mental Health**
- Anxiety**
- Depression**
- Seniors and Aging**
- An overview of Mental Illness**

CANADIAN MENTAL HEALTH ASSOCIATION OF NEW BRUNSWICK (CMHA OF NB)

WHO WE ARE. We are the provincial leader and champion for mental health. CMHA of NB helps people access the community resources they need to build resilience and support recovery from mental illness.

WHAT WE DO. We are a grassroots organization that provides services to all communities in the province such as presentations, programs, support groups, workshops and advocacy for children, youth, adults and seniors living with mental illness or those in search of mental wellness.

WHY WE DO WHAT WE DO. We do it to make a meaningful difference in the lives of those who are living with mental illness and their families and to promote mental wellness within our communities. Through education and awareness, we work towards the elimination of stigma.

cmhanb.ca



**Canadian Mental
Health Association
New Brunswick
Mental health for all**

**Association canadienne
pour la santé mentale
Nouveau-Brunswick
La santé mentale pour tous**